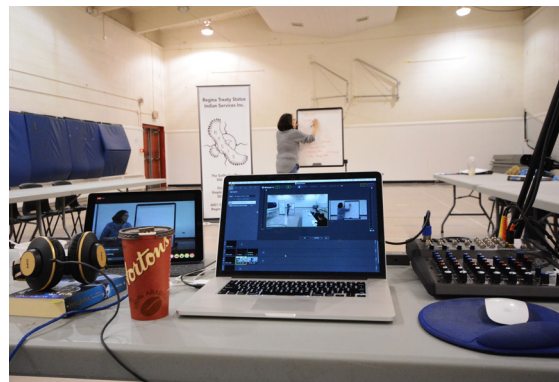




This produce was grown without man-made fertilizers or pesticides. Under the Canadian Food Inspection Agency guidelines, any products with an organic logo must be at least 95 per cent organic. Photo by Jayda Noyes.



There are more endangered plant species in Saskatchewan than you might think. Page 3.



Cory Generoux's setup live streams Indigenous language classes from the Gathering Place. The current class is Saulteaux with Lynn Cote. Page 5.



The new Prairie Valley School Division strategic plan brings added challenges for teachers. Page 6.

Prof: Organic Food is “Economic Discrimination”

By Jayda Noyes

Eating organic food is usually a choice, but not for those who can't afford it.

Sylvain Charlebois is a professor in food distribution and policy at Dalhousie University in Halifax. He said on average, if consumers are buying from grocery stores, organic food costs about 17-20 per cent more than conventional food. Because of the increase in price, he said organic food is "economic discrimination."

Charlebois said the evidence is inconclusive for whether or not organic food is healthier and safer than conventional food. "Some studies suggest that it is, and some studies suggest that it's not."

He said those who agree with the studies suggesting it is healthier, but can't afford it, are in an unfair position.

Charlebois eats organic sometimes, but is limited because of the price.

"We go to the farmers' markets once in a while, but not all the time. I have four children, so I can't af-

ford to buy organically grown products all the time. It's very expensive...[My mother in law] eats organic, but she lives on her own, and so when she comes to our place, then we buy organic."

On top of the claims of being healthier and safer, Charlebois said another reason people eat organic is because it tastes better, and it's all in the label. "As soon as you hide the label, people get confused."

“People push healthy eating and eating organic, and if you can’t afford it...then I guess you’re left out.” -Kyanna Park

Rick Letwinka began Heliotrope Organic Farm in Lumsden in 1995 because his "conscience wouldn't allow [him] to spray chemicals on food and feed it to people."

If you eat conventional food, Letwinka said you should "Consider yourself in a giant experiment... You are the test" for whether or not conventional food is safe to consume.

Letwinka said if you want to eat organic, you can

afford it. In his opinion, it's like an addicted smoker who can always somehow afford cigarettes.

Kyanna Park is a third year justice studies student at the University of Regina. She eats organic food sometimes, and would eat organic all the time if she could afford it. As a student living on her own, Park pays for tuition, rent and utilities, and doesn't have money left over to buy organic food all the time.

In addition, Park said she feels overlooked because she can't afford to eat organic. "People push healthy eating and eating organic, and if you can't afford it...then I guess you're left out."

Even though Park said there's no proof eating organic is healthier and safer, she would still eat only organic if she could because of the large amount of time it takes for conventional produce to ship to grocery stores, and the produce still looks fresh.

"That can't be good for you," Park said.

Both Charlebois and Letwinka said organic food is becoming more popular. But, as Charlebois said, if you're a student or feed a family of five, the organic option isn't always feasible.

Sask. Pulse Farmers Looking For More Than Money

By Lynn Giesbrecht

Saskatchewan farmers said the Federal Minister of Agriculture and Agri-Food will need to do more than just invest cash to help local pulse crop growers struggling with tariffs recently imposed by India.

Lawrence MacAulay announced an investment of over \$575,000 to help pulse growers do research and reach new markets.

"Growing new markets for pulses will take investment," said MacAulay. "That is why I am proud to announce an investment of over half a million dollars to help Canada's pulse industry explore new markets here at home and around the world."

Local producers said the money might help, but many would like to see the minister focus on trade tariffs.

India is one of Canada's top pulse importers and last November unexpectedly announced a 50 per cent tariff on all imported dry peas. This was followed by a 30 per cent tariff on lentils and chickpeas in December.

The minister said he recognizes there are issues in the pulse crop sector.

"The issue of tariffs on peas and chickpeas, we are all seeking a solution that works for Canada. We also continue to work with the pulse growers to remove the trade situation in India," said MacAulay. "In a couple of weeks, the Prime Minister Trudeau will be in India and you can be well assured that this will be top of agenda."

Some Saskatchewan pulse farmers are less optimistic about the trade situation with India. Lionel Fradette grows chickpeas, peas and lentils. He feels that the Minister of Agriculture did not do enough when India first introduced the tariffs. "We didn't hear his name at all then, like nothing was being done," Fradette said. "I just felt they could've done more to help the farmers out here, you know, just to offset what they did to us."

Despite these trade issues, Lee Moats, the Chair of Pulse Canada and Director of Saskatchewan Pulse Growers, says he can see the increasing popularity in pulse crops and the benefits they bring.

"World demand in places, particularly like India and China, has risen in the last couple of decades, and we've been well-positioned because of the work of ourselves and Sask Pulse Growers and universities and others to expand the acreage here," Moats said. "The demand has pulled the production and, of course, when there's high demand, there's high price."

Profitability isn't the only upside to pulse crops.



Above: Federal Minister of Agriculture Lawrence MacAulay announces over half a million dollars in investment for pulse crop growers in Regina on Feb. 5, 2018. Below: Pulse farmers gather for Minister MacAulay's announcement. Photos by Lynn Giesbrecht.

Moats was also quick to mention the environmental benefits. "They have been a very good paying crop, but they're also good for our soil, so there's a real environmental benefit to them," he said. "I wish people knew that they can make a choice for using pulse crops to improve their own health and also to improve the health of the environment at the same time."

Moats said Saskatchewan people have been slow to incorporate pulses into their daily diet, but this is changing. "You may eat hummus yourself, but that's an example of something that, even half a dozen years ago, hummus would not be on your grocery list or in your refrigerator, and in many refrigerators, it's there now."

The rise in demand and higher prices have encouraged farmers like Brent Hansen to get into pulse crops. Hansen is a local producer of chickpeas, lentils and peas. "It's paid a lot of bills on our farm over the years and made us viable to keep going," he said.

But Hansen isn't sure this investment announcement will make a difference to the individual farmer in the sector. "Long term, not in the short term anyway, but way down the road hopefully it has a little difference. It's not a big number that they're investing, but every little bit helps."



Growing Awareness for Endangered Plants

By Alexa Lawlor

Have you ever heard of a smooth goosefoot? What about a western spiderwort?

Sarah Vinge-Mazer, botanist for Saskatchewan Conservation Data Centre, says you probably haven't. That's because most people don't know that rare or endangered plant species exist in Saskatchewan and need help.

"Plants are less charismatic in some ways than animals," says Vinge-Mazer. "People are used to hearing about endangered or threatened animals, whether it's the burrowing owl in Canada or some of the more high-profile species across the world like the panda, but the notion of an endangered plant doesn't seem to be something that occurs to folks often."

Nature Saskatchewan is trying to change that through its Rare Plant Rescue program. Landowners who have rare plants or rare plant habitat on their property have the opportunity to sign a voluntary stewardship agreement to conserve those species.

Rare Plant Rescue is different from other Nature Saskatchewan programs that focus on animals because very few people call in to say when they have spotted a rare plant. Emily Putz, the habitat stewardship coordinator for Rare Plant Rescue, says the target species for the program are rare and often live in specialized habitats that are almost all privately-owned. "It's rare that people are out on that kind of land," says Putz. "Nobody is usually out there looking for them."

Rare Plant Rescue focuses on 16 target species: seven provincially-listed endangered plants and nine provincially and federally-listed endangered plants. Each year, they pick around six to focus on.

It can be difficult to tell the difference between rare plants and common plants. "All our species do have very tricky look-a-likes," says Putz.

"Lots of people don't have a good handle on what native prairie really is and haven't had the opportunity to get out there and fully appreciate [it]."

-Sarah Vinge-Mazer

"For example, hairy prairie clover is one of our target species but it has two look-a-likes that are very similar: purple prairie clover and white prairie clover," says Putz. "Purple prairie clover is very common, so that's likely the one we get called in most [but] most times it's purple prairie clover, not hairy prairie clover."

Vinge-Mazer says the most important part of plant conservation is getting people out into nature. "It's the prairies where most of our most vulnerable species are," says Vinge-Mazer. "Lots of people don't have a good handle on what native prairie really is and haven't had the opportunity to get out there and fully appreciate [it]."

Even if you don't have a farm, you can still help save these plants in your backyard.

Ken Wilson began a native prairie garden in his Regina yard in 2000. "I'd never gardened before, so I needed to limit the range of things I could work with somehow," says Wilson. "Otherwise you go to a garden centre and there's a million different things you could buy."

"And curiosity. I came from Ontario, and I knew that Saskatchewan hadn't originally looked like fields of canola and wheat, but I didn't know what a prairie was going to look like," says Wilson.

"It reminds me of what has been lost here through the process of colonization and settlement," says Wilson. "The breaking of the prairie for agriculture."

Wilson says his garden is a gesture to try and bring back native plants that have been destroyed, but trying to cultivate native prairie plants is a difficult process.

This is because native prairie takes a long time to develop, says Vinge-Mazer.

"In Saskatchewan we don't have very strong legal measures for protecting our plant species, so that's a bit of a concern," says Vinge-Mazer. "We would need some changes to certain legislation in order to actually have legal protections."

Conserving the prairie habitats we have left needs to be a priority, says Vinge-Mazer.

"People tend to forget the plants, but they are a vital part of the ecosystem and the habitat that the other [endangered] species rely on," adds Emily Putz. "They definitely need some help too."



When Ken Wilson moved from Ontario to Saskatchewan, he became interested in the native Saskatchewan prairie. In 2000, Wilson began growing native prairie plants in his Regina yard. Photo by Alexa Lawlor.



Western Spiderwort

Scientific Name: *Tradescantia occidentalis*

Found in: Saskatchewan, Alberta, Manitoba and in central United States

Status: Threatened

Did You Know?

Flowers occur in clusters but each day, only one flower opens and lasts a few hours.

Photo: Wiki Commons

On Friday, February 9 Gerald Stanley, a 56-year-old farmer, was acquitted in the shooting death of Colten Boushie, a 22-year-old Indigenous man from Red Pheasant First Nation. The next day, the verdict made headlines across the country and around the world.

INK went around the U of R campus to get the public's opinion. The question:

What do you think of the “not guilty” verdict in the Gerald Stanley case?



Danica

I think that's really sad to see that after all the reconciliation that's been going on in the province that it's still that big and that noticeable of a divide and that there's still racism very present in our province.



Tyler

I feel like [Stanley] should've been acquitted... [The group was] proven that they lied on the stand under oath, too. They were so drunk that they didn't even know what seat the kid was in. So, I feel like all of their claims, some might be true, some might be false, but how do you know?



Tasia

I can understand why he got defensive having drunk people in the yard when you don't know, but at the same time I think he went way too far. It's basic hunter safety that you are responsible for your gun.



Karen

Total bullshit, you don't have to take a gun to take their keys. It kind of speaks to racism in our province as a whole, and the all white jury was a bit of a problem.



Abdullah

I don't know that much about the details of the case, but [Boushie]'s a kid. I think that's unfair, that's so unfair.



Carmen

I think it's absolutely outrageous. If that were one of my family members, I would be livid. I think it's absolutely ridiculous.



Jesus

In the end, there was still a death and that, when it comes down to the legal side of it, it's manslaughter, even if it was accidental. It's still manslaughter, and he didn't get anything, is what I understand. So yeah, it's upsetting.



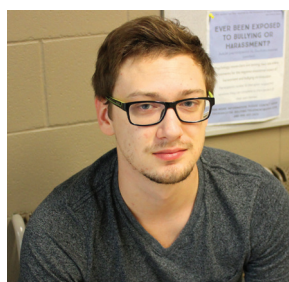
Mike

I think the verdict itself, if the system and the jurors were acting the way they're supposed to with being impartial and going through the screening process...and the evidence presented and the testimonies and everything, I think the verdict was right. Whether the sentencing I don't know, but I think they were right in what they did.



Kyla

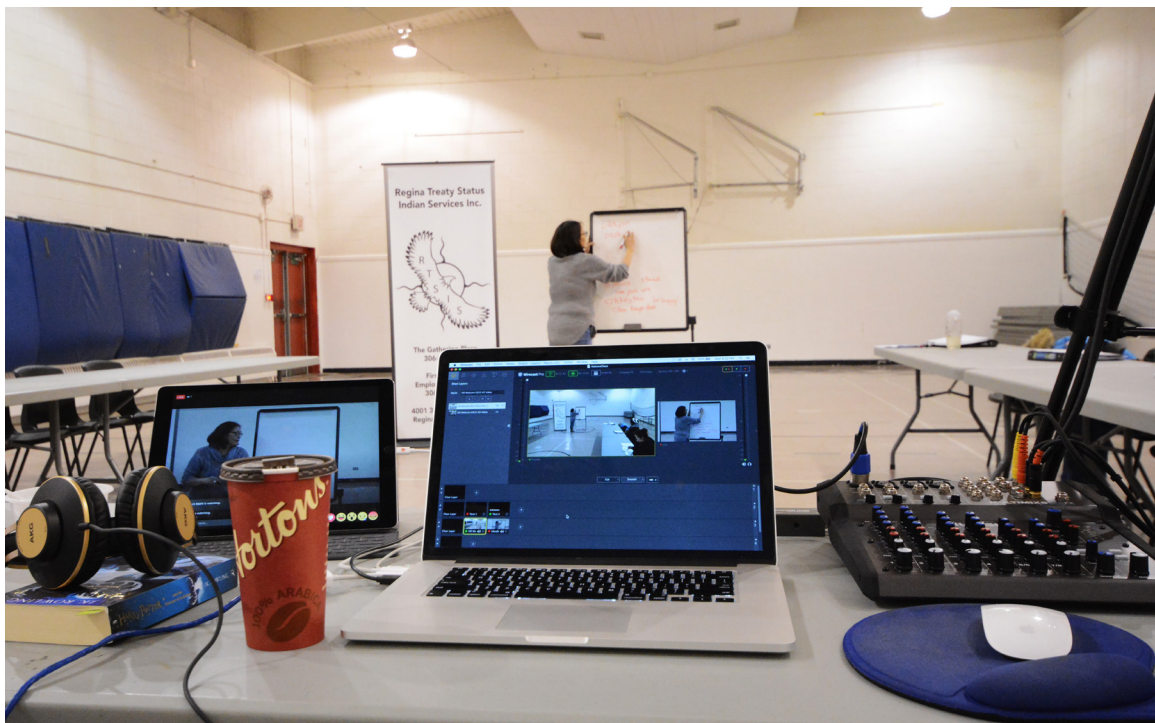
I think that he definitely should have been found guilty of manslaughter. He had the gun in his hands and it went off and it killed somebody while it was aimed at their head.



Dallas

The bottom line is he [Stanley] still shot somebody. Like it doesn't matter if it's self-defense. Half the time a self-defense trial happens and the guy still gets at least manslaughter or something. So, I just think it's kind of weird.

Preserving Ancient Languages: One Live Stream at a Time



The File Hills Tribal Council's live streaming setup sends the live stream of the Monday, Feb. 5 class on Saulteaux out to many viewers from The Gathering Place in Regina. Photo by Heidi Atter.

By Heidi Atter

The Gathering Place in Regina is offering Indigenous language classes in a new way, through a weekly live streaming class on the File Hills Tribal Council's Facebook page.

"I don't want my grandchildren to not hear that language being spoken," says Cory Generoux.

Generoux is the communications specialist for the File Hills Tribal Council and runs the live stream. The classes began after a successful streaming of a Treaty 4 Gathering a few years ago. After that event, Generoux thought about how he could also use live streaming to broadcast the language nights they were planning.

The classes started as a pilot project in the fall of 2016 with a Cree class. The project was successful and continued the following year with Nakoda. Lynn Cote, a professor at the First Nations University of Canada, is currently teaching Saulteaux on Monday nights.

"There's a crowd of people live, a crowd of people watching it live," Generoux said. "I started to notice people watching these things 10 times, five times, so we started posting materials so people can follow along."

The classes are live streamed through the File Hills Tribal Council's Facebook page as it has a large following, says Generoux. This year's classes focus on the five main linguistic groups of File Hills Tribal Council: Nakoda, Saulteaux, Cree, Dakota, and Lakota.

Isabel O'Kanese lives in Victoria, BC and watch-

es the live streams. She found them while scrolling through her Facebook newsfeed. "It made me feel very happy, I actually started crying," O'Kanese said.

"[My parents] wanted us to act like white people and they thought they were protecting us," O'Kanese said. "I get to learn my culture, even though I'm over on Vancouver island, not even on the mainland."

"I have more understanding of who I am and where I am, so then it'll help the future generations understand where they come from," O'Kanese said. "I really hope it continues, it was such a pleasant surprise to see my culture and language taught online."

For the livestreams, quality is important to Generoux. "When things are being recorded with a laptop or an iPad, or a tablet or a phone, yeah the video might be HD but ... it gets really tough to actually watch that."

Generoux's setup for the classes is multiple cameras and microphones, a soundboard and a laptop to stream from.

"Our languages are in danger, the Indigenous languages. I mean, residential schools did a number on our people culturally, linguistically and if we are to retain our Indigenous identities and who we are, that exists in the language."

"In this day and age where we're talking about reconciliation and what we're reconciling is the genocide of our languages and culture. And that's at the heart of everything so when we talk about reconciliation, I'm sorry, but I don't want to go to a bannock and soup event. I want to go to a language thing because that was at the heart of why the residential schools were formed in the first place. To destroy the Indian and save the man."

Generoux says worldwide, there are less than 100 Nakoda speakers left. "That's dangerous and according to some charts, extinct."

"I gotta do something because if we don't do anything, in less than a generation or two that language will ... if no one is speaking it, if you're not hearing it, it's gonna be gone in less than two, three generations. And in some cases, one generation."

Generoux says he saw a lot of people glued to their phones, and that's one part of why the classes are live streamed then posted online. "These language live streams, let's do

as many as we possibly can, let's figure out how to do as many as we can. This is my gift is to work with this technology and these cameras and put it to work."

The classes are free to attend and posted online on the File Hills Tribal Council's Facebook page if people cannot watch live.

"Whatever you can do, put language first," said Generoux. "Language is life. It's not a side project."

To tune in to the live stream, go to the File Hills Tribal Council Facebook page at <https://www.facebook.com/FHQTC/>

Saulteaux Words

awē pison [uh way bi zohn]

= dressing up;

anohkīn [uh'nog'keen]

= work;

nipān [ni baahn]

= sleep;

wīhsinin [wee si nin]

= eat;

pimohsēn [pimoh-sayn]

= walk

kīwēn [kee'wayn]

= go home

waniškān [wuh'nish kaahn]

= rise

nīpawin [nee pug win]

= stand

apin [uh'bin]

= sit

cīhkēntan [chee kayn dun]

= be happy!



Professor Lynn Cote shows the sign for Wihsinin [wee si nin] meaning eat in Saulteaux during her class at The Gathering Place. Photo by Heidi Atter.

Tight Budgets Stressing Sask. Teachers



Recent budget cuts in the Prairie Valley School Division leave teachers with less resources to give students the individual attention they need. Photo by Harrison Brooks.

By Harrison Brooks

Prairie Valley School Division released its new strategic plan for 2017-2020, last month, and with it comes some new targets for the teachers within the division.

The division assesses the students within each classroom using diagnostic assessment tools like Fountas and Pinnell. They are designed to gauge how many students in each class are performing at their grade level in subjects like reading and math.

Both Patrick Maze, President of the Saskatchewan Teachers Federation and Brian Endicott, Principal of Robert Southey school, think the way students are assessed leads to a big challenge for teachers.

"That's part of the challenge that teachers face, to identify which students are at grade level or below grade level. You don't want students that are overly bored in the classroom and you don't want students who the instruction is way too far over their heads so they're not going to understand what's going on. So yeah, part of the challenge is identifying where students are at," said Maze.

"That's the whole philosophy about teaching the student instead of teaching the curriculum. That's a skill by itself. We've got some veteran teachers here that really dig deep to bring these kids up and while at the same time keeping the ones that are making the grade on task and challenged as well," said Endicott.

When there are tight budgets or cuts like last year's 54 million dollar province wide budget cut, it can add even more stress and make tailoring teaching to meet the needs of the individual students even harder.

"In the times of the austerity budget that we've seen over the years, you have higher student numbers in your class and fewer supports to have the ability to recognize that diversity, so the more students you have and the more complex the problems

combined with fewer support makes it a difficult situation for teachers to be able to teach the subject area," said Maze.

The results of these

assessments and the goals for the following school year, are set by the division and shown in the division's annual strategic plans. "When you set your local targets you want it to be incremental. To jump from a baseline of 65 per cent, for example, and have a target of 85 per cent, the likelihood of achieving that target in one year is probably next to none," said Ben Grebinski, CEO of Prairie Valley School Division. "Each year the target is adjusted based on what we think is reasonable to achieve."

This year the division goals are to have slight increases of one or two per cent of students at grade level in all of the categories they assess, except for one. However, the target for writing levels is to increase from 53 per cent of students at grade level to 75 per cent by the end of the year. Grebinski admits that sometimes

the goals can be unrealistic to achieve in one year.

When asked why they would set goals that might be unrealistic in one year, Grebinski said, "Sometimes it's just an arbitrary goal. There's no magic. There's no absolute predictor that you can go to, to say here's the goal you should make. They're arbitrary decisions made by local administration. The target development is an arbitrary number."

When these "arbitrary" goals are set too high the division has resources in place to add a little more support. One of those resources is school division curriculum consultants, like Judson Trenholm, who works with teachers one on one to help them find the best practices. "There was a teacher that was struggling with how their class was going, so I came and watched her teach then helped her organize her classroom," said Trenholm. "I mentioned how re-orienting the room would help and that should give more flexibility to deal with more students at the same time. Since then she's felt more confident and has been better in the classroom."

According to Patrick Maze, with tight budgets leading to less support staff there isn't always enough resources for each teacher to focus on the needs of every individual student. "Nothing frustrates teachers more than identifying students that need special programming and the special programming not being there because of tight budgets," said Maze.

Last week Premier Scott Moe addressed these concerns when he announced immediate mid-school year funding of 7.5 million dollars provided to assist dealing with frontline needs in the province's school divisions. This is part of the total 30 million dollars that is said to be added to the 2018-19 education budget.

"Sometimes it's just an arbitrary goal. There's no magic. There's no absolute predictor that you can go to, to say here's the goal you should make." -Ben Grebinski

Spring Career Fair: An Open Door to Opportunity



Students participate in the University of Regina spring career fair on February 5 2018(above and below). Photos by Alec Konkel

By Alec Konkel

The spring career fair was held at the University of Regina on February 5, with over 1,000 students in attendance, many of which are looking for jobs

“I think it’s an amazing opportunity. I remember when I graduated back in 1997 we didn’t have anything like this.” -Sgt. Jesse Mansfield

and opportunities to pay back their growing student debt.

This year there were 102 exhibitors from a num-

ber of different fields of work, from the Canadian Armed Forces and RCMP to MNP Accounting and Brandt Group of companies.

For some, like first-year student Anup Benjamin Gomes, the fair is helpful and informative. Gomes, who was at the fair looking for a summer job, said that “The [employers] provide instructions on how to apply, [and] how the procedure actually works.” He also said that while some students might not find the fair is right for them, it was still a great experience for him, and he would recommend it to others.

Many of the employers feel that the career fair is a great opportunity for students. A representative of the Canadian Armed Forces, Sgt. Jesse Mansfield said that many students are interested in the Armed Forces because of the great travel opportunities. “I think it’s an amazing opportunity. I remember when I graduated back in 1997 we didn’t have anything like this. It was like out the door and have fun. So I

think it’s a great opportunity for the students to see what is out there because there is a lot of different opportunities out there.”

Recruitment officer and HR person for Brandt, Juanita Semple echoed this thought. “I think it’s a really good experience for the students. First of all, it gives them an opportunity to actually talk to the employers and see what employers are looking for. It also helps with some of the preliminary interview skills. We find, especially with the younger students, they are very nervous about talking to employers so the more that they can talk to them and get to know them as they walk around the fair, they get a little more comfortable talking kind of one on one with potential employers for the future.”

The fair is one of two offered to students looking for employment, summer jobs, internships or fieldwork. The other opportunity is the fall semester career day.



Regina's Growing Standup Comedy Market

By Brendan Ellis

Regina is trending away from its fly-over status as more and more international standup comedians are bringing their act to the Queen City.

The announcement of Kevin Hart's Regina stop on his Irresponsible Tour adds another big name to the list of standup comedians who have booked shows in Regina over the last few years including Jerry Seinfeld, Bill Burr, Bo Burnham and Jimmy Carr.

The VP of Operations & Business Affairs at Just For Laughs, Christine Melko Ross, said that Regina has become a popular city to book shows.

"We've seen throughout the years that it's a really good comedy market for us. So when we do national tours, from our Canadian tours, to Jimmy Carr, to dates with Bill Burr it's definitely on our radar as a market we need to go to."

Although many big name international acts are bringing their shows to Regina now, it hasn't always been that way.

"It was an uphill battle trying to get people to even know that it existed. Because Regina is kind of a small city it's known as a fly-over, so a lot of bigger acts won't come here," said Dane Imrie, host and performer at Pass the Hat stand-up comedy in Regina.

Pass the Hat started out in 2006 as a venture among a group of friends to perform standup for each other, but it has grown along with the rest of the standup scene in Regina. They now perform monthly for crowds at the Saskatchewan Cultural Exchange in Regina.

As a relatively small standup scene in a Canadian city, the culture is a bit different in Regina. "It's fun, there's no people fighting over stage time because there's as much as you want to get," said Imrie. "It's kind of like a team environment to a lot of performers."

"I feel like it makes the scene more attractive. It makes coming to a show that much more fun," said Imrie.

This uptick in big name performers has been



Kevin Hart will add his name to the growing list of stand-up comedians that have performed in Regina. He brings The Irresponsible Tour to the Brandt Centre on June 3, 2018. Photo by Brendan Ellis

a boost for the local scene as well. Imrie has noticed quite a lot of growth in the Regina standup scene since he started with Pass the Hat in 2009.

"Because Regina is kind of a small city it's known as a fly over, so a lot of bigger acts won't come here." -Dane Imrie

"There were literally shows when I took over where there were 3 people in the audience and that's it, it's really turned into its own thing,"

Imrie also noted that there are "a lot more voices in the scene than there were maybe even 10 years ago."

Christine Melko Ross attributes a part of the increased success of Just For Laughs tours across Canada, to their presence on TV.

"That's why we are able to sell in markets like Regina because the audience has grown up watching Just For Laughs, knowing that the product of what we put on TV is the quality product that we put on stage. So the Saskatchewan market has just been receptive to it, especially in the last five years."

As the fan base grows, it only encourages more international acts to come perform in Regina.

"We get a lot of comedians that want to see Canada and go to markets where they feel like the experience is going to be strong, and Regina has been very consistent with that," said Ross.

Imrie said that audiences in Regina are driving this demand they "want to see more stand up" and "they're hungry for it."

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